



## **Procedure: Prescribing WIC Foods**

Functional Area: II Nutrition Services/Breastfeeding

Section: B 2c

Citation: 246.10

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Revised Date:

<b>Purpose</b>	To assist WIC staff in assigning appropriate foods to WIC clients based on their status.
<b>Food Package I - Infants 0 through 5 months</b>	<p>Breastfeeding should be encouraged as the best way to feed the infant.</p> <p>Formula-fed infants should receive powdered formula. To reduce waste formula should only be mixed in the amount needed for the feeding. Concentrate formula may be used if it is preferred. Ready-to-use formula may be issued in limited circumstances. (II B 3d)</p>
<b>Food Package II - Infants 6 through 11 months</b>	<p>Formula-fed infants should receive powdered formula. To reduce waste formula should only be mixed in the amount needed for the feeding. Concentrate formula may be used if it is preferred. Ready-to-use formula may be issued in limited circumstances. (II B 3d)</p> <p>Infant cereal and infant pureed fruits and vegetables may be issued when the infant turns 6 months old. Fully breastfed infants may receive infant cereal, infant fruits and vegetables, and infant meat at 6 months old.</p>
<b>Food Package III - Infants/Children/ Women with Special Needs</b>	<p>This food package is for infants, children, and women who have a documented qualifying condition that requires the use of a WIC formula (infant formula, exempt infant formula, or WIC-eligible nutritional) because the use of conventional foods is precluded, restricted, or inadequate to address their special nutritional needs. Medical documentation must be provided for issuance of this food package.</p> <p>This food package is not authorized for:</p> <ul style="list-style-type: none"><li>• Infants whose only condition is a diagnosed formula intolerance or food allergy to lactose, sucrose, milk protein or soy protein that does not require the use of an exempt infant formula; or</li><li>• A non-specific formula or food intolerance</li><li>• Women and children who has a food intolerance to lactose or mild protein that can be successfully managed with the use of one of the other WIC food packages; or</li><li>• Any participant solely for the purpose of enhancing nutrient intake or managing body weight without an underlying qualifying condition.</li></ul>

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**Food Package IV -  
Children 1 through 4**

Milk, breakfast cereal, juice, fruits, and vegetables, whole wheat bread or other whole grains, eggs, and legumes or peanut butter are the categories of supplemental foods authorized in this food package. Cheese may be substituted for milk. Soy based beverage can be substituted for milk only with CPA nutritional assessment and consultation with the participant's health care provider if necessary.

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**Food Package V -  
Pregnant and  
Breastfeeding Women**

Milk, breakfast cereal, juice, fruits and vegetables, whole wheat bread or other whole grains, eggs, legumes and peanut butter are the categories of supplemental foods authorized in this food package. Cheese may be substituted for milk.

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**Food Package VI -  
Postpartum Women**

This food package is designed for issuance to women up to 6 months postpartum who are not breastfeeding their infants, and to breastfeeding women up to 6 months postpartum whose participating infant receives more than the maximum amount of formula allowed for partially breastfed infants.

Milk, breakfast cereal, juice, fruits and vegetables, eggs, legumes and peanut butter are the categories of supplemental foods authorized in this food package. Cheese may be substituted for milk.

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**Food Package VII – Fully  
Breastfeeding**

This food package is designed for issuance to breastfeeding women up to 1 year postpartum whose infants do not receive infant formula from WIC. This food package is also designed for issuance to women participants who are pregnant with two or more fetuses and women participants partially breastfeeding multiple infants. Women participants fully breastfeeding multiple infants receive 1.5 times the supplemental foods provided in Food Package VII.

Milk, cheese, breakfast cereal, juice, fruits and vegetables, whole wheat bread or other whole grains, eggs, legumes, peanut butter and canned fish are the categories of supplemental foods authorized in this food package. Cheese may be substituted for milk.

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